Location: South County Center @ Arroyo Grande High School
495 Valley Road, 900 Wing, Rm 913
Monday - Thursday, 4:30-9pm
Contact: 805.474.3913
Fax: 805.474.3915

Prior to registering, you will need to submit an admission application if:
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- You are a former Cuesta College student but have been absent two or more terms, excluding summer session.
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For more information:
Cuesta College Workforce Economic Development & Community Programs
P.O. Box 8106 San Luis Obispo, CA 93403 Phone: 805.546.3132 Fax: 805.546.3107

Emeritus Older Adult Programming at the South County Center

Classes for Adults 50+...making lifelong learning happen. Dare to stretch your mind, discover new talents, and meet new people in Cuesta College. Classes designed for students just like you! Classes are FREE!
(Purchasing of materials may apply)

ECOL 406 - Composing Your Life Story
CRN#33543
9 Thurs., 6-8:50pm Mar 17–May 19 (No class: Apr 7th), Rm 919
Addendum Description: Everyone has experiences, memories, and dreams that make up the stories of our lives. These stories are the evidence and the legacy of a life well lived. The stories we tell can be forgotten; however, the stories we write can be an enduring treasure for those who know us and love us and for those who come after. These stories make up the family historical record and are an integral part of defining who we are. This class will provide a collaborative and creative space where the seeds of our personal stories can be cultivated and brought to fruition in written form. You do not need to be a writer to enjoy and participate in this course; you just need to have a story and everyone has stories. Join with storyteller and educator, Russell Swanagon in this course as we embark on a marvelous journey down memory lane.

Biography: Russell Swanagon is a long time Central Coast resident and a professional storyteller and educator. He teaches storytelling and children's literature courses at Cal Poly. He is a former elementary school teacher and has facilitated workshops in end of life story for hospice organizations.

ECOL 408 - Beginning Music Arts
CRN#33550
4 Tues., 6-8:15pm Apr 12-May 3, Rm 954 (room change)
Addendum Description: Modern Music Appreciation - In this class we will explore the influences that Jazz and Classical music have had on one another since 1900. On a musical tour of listening and class discussion, we’ll first uncover the improvisational element present in early music from the Renaissance through Beethoven and its reemergence from 1900 to the present. We’ll then be able to hear and appreciate the Jazz influences in classical works by Stravinsky and other Modern Composers and the Classical influences in works by jazz composers such as Winton Marsallis, Claude Bolling and Keith Jarrett.

Biography: Mark Pietri has been performing and studying music since grade school. He studied classical and jazz piano at the prestigious Hart School of Music and with jazz greats Jackie McLean and other alumni of the renowned Charles Mingus bands. He has performed widely as a concert and jazz pianist and worked as Music Director for numerous theater productions. Mr. Pietri continues to perform in musical theater and with his jazz trio as well as teach piano and works as a vocal coach.
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ECOL 411 - Creative Writing
CRN#33557
9 Tues., 6-8:50pm Mar 15-May 17 (No class: Apr 5th), Rm 917 (room change)

Addendum Description: Though you cannot teach a person to be a poet, you can teach the craft of poetry which will help anyone interested in reading or writing poetry obtain a deeper knowledge of what it takes to produce successful verse. That poetry is a craft in no way implies that it is not an inspired form of writing. In fact, knowledge of craft facilitates inspiration and helps shape it in meaningful ways. In this course we will examine some of the great poems written by poets from all over the world. If a poem is “a little machine of words,” as William Carlos Williams claims, we will all become ace mechanics by learning what parts are required to assemble a poem, what tools are necessary for the job, and how to use them to build a poem and make it run. No prior knowledge of craft is necessary. Bring your interest in poetry, your enthusiasm for the subject, and your eagerness to learn. This is a writing workshop in which we discuss each other’s work, but it is also a study of poems written by great poets, trying to learn how they did it. It is hoped the student will take this knowledge back to the writing of their own poems. We will focus on themes of particular interest to a mature audience: love, loss, the body, time, spirituality, friendship, the natural world, and in particular, one’s “life story.”

Biography: Paul Lobo Portugés originally from West Texas, earned degrees from UCLA, the American Film Institute, and UC Berkeley. He has taught creative writing at UCSB, UC Berkeley, USC, SBCC, Cuesta College, and the University of Provence. His numerous books include The Visionary Poetics of Allen Ginsberg, Saving Grace, Hands Across the Earth, Aztec Birth, The Body Electric Journal and the soon to be released, Jack and Marilyn (Plainview Press-Winter,2016). Ginsberg: On Tibetan Buddhism, Mantras, and Drugs, Breaking Bread, Sorrow and Hope (Finishing Line Press-Jan. 2016). His poems are scattered in small magazines across America. Received awards from the National Endowment, the Ford Foundation, the Fulbright Commission, et al. He is the proud father of two sons.

ECOL 414 - Drawing
CRN#33545
9 Tues., 5:30-8:30pm Mar 15-May 17 (No class: Apr 5th), Rm 937 (room change)

Addendum Description: Presents basic skills of drawing with an opportunity to experience using pen and ink. Students will explore use of line, shape, perspective & shading with lecture, demos, student practice & instructor coaching. Students provide their own art supplies.

Biography: Larry Le Brane has been a fine art instructor at CA’s community colleges for 30+ years, teaching a variety of classes. Past students shared, “Terrific teacher, patient with diverse student skill levels. Teaches effectively with humor ...Larry’s patience is formidable!” His own eclectic art combines painting, drawing and fused glass with found objects and is featured at regional galleries, Facebook & LarryLeBrane.com.

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ECOL 420 - Wills and Trusts
CRN#33546
9 Wed., 4-5:50pm Mar 9-May 11 (No class: Apr 6th), Rm 911
Addendum Description: In addition to covering the different types of wills and trusts, this course will explain what probate is and how it can be avoided, when different types of trusts are appropriate, what happens when a person dies without a will, how important powers of attorney are, and what needs to be done when a person dies.

Biography: Natalie C. Wall is currently a volunteer attorney at SLO Legal Assistance Foundation. Before she retired, she practiced mainly in the areas of wills, trusts, probate, conservatorships, and elder law.

ECOL 423 - Watercolor – New Instructor!
CRN#33553
9 Wed., 6-8:50pm Mar 16-May 18 (No class: Apr 6th), Rm 917 (room change)
Addendum Description: Students will learn traditional transparent watercolor techniques through step-by-step demonstrations and exercises in wet-in-wet, graded wash, dry brush, and overlapping transparencies, utilizing the techniques of the great John Singer Sargent, Winslow Homer, Andrew Wyeth and more. The class will also cover choice and capability of materials and provide a general materials list.

Biography: Joy Krull is a professional artist and art instructor and moved to the area in 2000 from Orange County where she painted and sold her work work for over twenty years. She has taught at Saddleback College, Irvine Valley College, Coastline College and several adult education department in that area. She has been accepted in a number of national competitions including “The Artist Magazine” and Winsor & Newton competitions. She has been accepted and won awards in numerous exhibitions. Her philosophy about her art and her life is that you never stop learning, accomplishing or being inspired to be creative.

ECOL 427 - Creative Cooking
CRN#33547
9 Mon., 6-7:50pm Mar 14-May 16 (No class: Apr 4th), Rm 918
Addendum Description: This class presents healthy food and cooking choices that maintain optimum health for active older adults. Students learn basic concepts of nutrition as well as how to prepare tasty, flavorful and nutritious meals based on those concepts, using fresh food from local markets. Learn to use fresh whole foods for maintaining health!

Biography: Julie Andrews-Scott is a central coast native that has been teaching gardening, nutrition, cooking, and stress management for 20 years. She consults on farmers' markets, gardens, nutrition, and culinary events. She has authored numerous cookbooks, a farmer's market manual, and a garden bill to establish gardens for therapy in retirement homes. She has started 3 farmers' markets and created 91 gardens at schools and for communities. She has been working with Cuesta College for the last 9 years.
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at the South County Center

ECOL 433 - Senior Seminar
CRN#33554
9 Mon., 6-7:50pm Mar 14-May 16 (No class: Apr 4th), Rm 911

Addendum Description: This seminar explores the art and artifacts of ancient cultures and how they contribute to a contemporary understanding of the human experience. In this class we will consider the art in the archaeological record of Europe and the Mediterranean. Beginning with prehistoric cave drawings and ending with Roman frescoes, we’ll examine the artists’ use of subject, style, materials, and technique, and how those relate to the archaeological evidence. We will also consider the contemporary value of these cultural artifacts and what they have to teach us about our own art and culture. Finally, we’ll look at the elements of contemporary destruction of archaeological sites and new developments in preservation. The class will include projected images, documentary film clips, some outside readings and lively classroom discussions.

Biography: Before becoming a full time artist Patrick Mehaffy worked as a museum consultant for the Arkansas History Commission and as an anthropology associate for American Indian Tribal Government and Policy Consultants in Albuquerque, New Mexico.

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